

**NB Double Header timetables are bespoke for each division to allow for the additional number of teams taking part. Please make sure all your athletes are issued with the correct timetable below, and not the one showing on the website or in the Handbook.**

### **TRACK Timetable**

Time	Event	M/F	Competitors
<b>11:00</b>	400m Hurdles	U20 Men	A followed by B
	400m Hurdles	U17 Men	A followed by B
	400m Hurdles	U20 Women	A followed by B
<b>11:20</b>	300m Hurdles	U17 Women	A followed by B
<b>11:30</b>	1500m Matches 1 & 3, 3000m Match 2	U20 Men	A & B String/ALL
		U17 Men	A & B String/ALL
		U20 Women	A & B String/ALL
		U17 Women	A & B String/ALL
<b>12:00</b>	100m	U20 Men	A followed by B
	100m	U17 Men	A followed by B
	100m	U20 Women	A followed by B
	100m	U17 Women	A followed by B
<b>12:40</b>	400m	U20 Men	A followed by B
	400m	U17 Men	A followed by B
	400m	U20 Women	A followed by B
	300m	U17 Women	A followed by B
<b>13:05</b>	80m Hurdles	U17 Women	A followed by B
<b>Track Break - only if time allows</b>			
<b>13:35</b>	100m Hurdles	U20 Women	A followed by B
	100m Hurdles	U17 Men	A followed by B
<b>13:50</b>	110m Hurdles	U20 Men	A followed by B
<b>14:05</b>	200m	U17 Women	A followed by B
	200m	U20 Women	A followed by B
	200m	U17 Men	A followed by B
	200m	U20 Men	A followed by B
<b>14:30</b>	2000m S/Ch	U20 Men	A & B String
<b>14:45</b>	800m	U17 Women	A followed by B
	800m	U20 Women	A followed by B
	800m	U17 Men	A followed by B
	800m	U20 Men	A followed by B
<b>15:20</b>	1500m S/Ch	U17 Men	A & B String

**TRACK: 3000m and Women's S/Ch - One Race for under 20 & under 17 athletes, A & B Strings together**

### **Track**

#### **Cont.**

Time	Event	M/F
<b>15:35</b>	4 x 100m R	U17 Women
	4 x 100m R	U17 Men
	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
<b>16:00</b>	1500m S/Ch	Women - All
<b>16:15</b>	4 x 300m R	U17 Women
	4 x 400m R	U17 Men
	4 x 400m R	Mixed U20 M&W (A&B string)

### **FIELD Timetable**

Time	Event	M/F
<b>10:45</b> (11:30)	Hammer	Men & Women
<b>11:15</b>	Long Jump	Men
<b>12:00</b>	Pole Vault	Men & Women
<b>12:30</b>	Shot	Women
<b>12:30</b>	Discus	Men
<b>13:00</b>	Long Jump	Women
<b>13:30</b>	High Jump	Men
<b>13:30</b>	Discus	Women
<b>14:00</b>	Shot	Men
<b>14:40</b> (15:20)	Triple Jump	Men & Women
<b>14:40</b>	Javelin	Women
<b>15:00</b>	High Jump	Women
<b>15:45</b>	Javelin	Men

**FIELD: With the exception of vertical jumps all athletes will have 3 trials with top 3 U20 & 3 U17 a further 3 trials having first achieved the required standard**